

# USA BOYS' LACROSSE — PARENTS SUMMARY

## Preface

Youth lacrosse is intentionally different from high school and beyond. At this age, the focus is **safety, skill development, and learning the game the right way** before adding more contact or advanced physical play. This spring, our league is following **USA Lacrosse youth rules** to stay aligned with national standards and compete consistently with teams from other areas.

## Purpose of Youth Boys Lacrosse

The goal is to teach players movement, stick skills, spacing, and safe defensive techniques, not physical dominance.

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## What Coaches & Parents Should Expect (Boys)

### 1. Limited Contact by Design

- Body checking is **not allowed** at K-6 Grades (12U). A body check is “forceful contact that displaces a player”. **If the body contact is initiated to *move, hit, or displace the opponent, it’s illegal.***
- Controlled, age-appropriate contact at 7-8 Grade boys (14U) per NFHS rules.
- Body contact must occur within three yards of the ball. This applies to all divisions.
- No take-out checks at any youth level.
- Safety rules protect players from dangerous collisions.
- A player is **disqualified and removed from the game if they accumulate *three (3) personal fouls OR five (5) total fouls (personal + technical).***

### 2. Age-Specific Rules

#### K-6 Grade (12U) Boys

- No body checking.
- Only equal-pressure stick contact.
- No pushes to direct a player’s movement.
- No one-handed checks.
- Frequent instructional whistles.
- Limited stick checks in USA Boys Youth Lacrosse permit **only poke checks and controlled downward stick checks that begin below both players’ shoulders, with no lateral swings, no upward motion, and no checks that create force or body displacement.**
- K-4 Grade players have a one pass rule that is one attempted pass after a face-off or post goal restart
- K-4 Grade players are removed from the field of play if they commit a foul. This is an opportunity for the coach to instruct the player on the foul committed.

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## 7-8 Grade (14U) Boys

- Legal body contact must be:
  - From the front or side
  - To the torso
  - With both hands on the stick
  - Under control
- No high hits, no blind-side hits, no excessive force.
- Penalty enforcement is time-served at time and half with running clock
- Stick checks are allowed per NFHS rules. One handed stick checks are permitted by rule, **BUT HIGHLY DISCOURAGED!**

### 3. What the Game Should Look Like

- Lots of passing, catching, and movement.
- Defenders using footwork and positioning — not big hits.
- Players learning to protect the ball and avoid dangerous contact.
- No timeouts in the last two minutes, game timed on a central horn.

### 4. Why These Rules Matter

- Kids grow at different rates; contact must be limited.
- Safety rules prevent concussions and dangerous collisions.
- Skill-first development creates better long-term players.

### 5. How Parents Can Support

- Cheer effort and improvement.
- Understand that more whistles at 10U are intentional.
- Reinforce safety and sportsmanship.

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## Our Shared Mission

Create a safe, positive, developmentally appropriate environment under USA Lacrosse rules. **ANY** participant in PCLA events is subject to our Code of Conduct. Please treat others with kindness and respect. We come together to celebrate your child's participation in a great ancient game. We expect everyone to create a safe and positive environment. Our Code of Conduct is available on our PCLA Website at [www.ncpclalax.com](http://www.ncpclalax.com) under RESOURCES.

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